

# ANNUAL REPORT

OF THE

**Board of Trustees**

OF THE

MASSACHUSETTS

GENERAL HOSPITAL,

FOR THE YEAR

1837.



BOSTON:

PRESS OF JAMES LORING.

1838.

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## REPORT.

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THE Committee of the Trustees of the Massachusetts General Hospital, appointed to examine the Treasurer's accounts, and the general condition of the Institution, and to make a report thereon to be laid before the Corporation at its annual meeting, report,

That they have examined the Treasurer's accounts, and the statement of the property in his hands, and the vouchers and evidences thereof, and find them to be correct. The accounts of the receipts and expenditures in the two departments of the Institution, as prepared by the Superintendent of the Hospital and the Steward of the Asylum, are also herewith submitted.

It appears from the Report of the Superintendent, that the whole number of patients received at the Hospital in Allen Street, during the year 1837, has been 440, of whom 206 have been cured, and 152 relieved. It is believed that this department of the Institution has been administered with as much fidelity, care and success, as during any former year. The occasional appearance of erysipelas, and the apprehension of an increase of this distressing malady among the patients of the Hospital, has been a source of deep solicitude to the Trustees. With the hope of arresting its progress, some improvements have been adopted in

order to secure a more free and perfect ventilation of the wards ; and at the suggestion of the medical officers, the upper pannels of the doors, and the flues for the admission of the external air, have been differently arranged with a view to this object. The evil, however, has not been effectually removed. Some suggestions upon this subject have been lately received from Dr. Warren, now absent in England, founded upon his observation of similar Institutions in that country, whose communication has been referred to a special Committee of the Trustees.

During the past year, Dr. James Jackson has retired from the office of a physician of the Hospital, which situation he had held from its first establishment. The Trustees, immediately upon accepting his resignation, placed a free bed at his disposal during life, and subsequently requested him to sit for his portrait ; thus proving to him and to the public, the high estimation in which they held his character and services.\* By the latter of these measures, there will be preserved at the Hospital to future times, a visible memorial of one to whom our Institution in a great degree owes its origin, and to whom it has always been deeply indebted for its reputation and usefulness—one who, in the discharge of his official duties, has left a bright example to all who may succeed him, and whose name will never be mentioned by the friends of the Hospital, but with affection and gratitude.

The number of boarders received at the Mc Lean Asylum for the Insane during the year, has been 120, of whom 72 have been discharged, cured. The last Annual Report mentioned the fact, that Dr. Luther V. Bell had been elected to the office of Physician and Superintendent, after the lamented death of Dr. Lee. Every anticipation in which the Trustees then indulged, in regard to the gentleman thus selected, has been in the fullest manner realized. He has most successfully carried out the same system of moral and medical treatment, which had been previously adopted. He has, like his eminent predecessors, identified himself with the interests and usefulness of the Institution, and his administra-

\* See Appendix.

tion, like theirs, has been marked by devotedness to the great objects for which it was founded. To all the boarders at the Asylum, for whom such indulgences were proper, the usual opportunities have been given for exercise, recreation and amusement, and for attending the stated religious ordinances. They have found a cheerful and innocent relaxation in joining the parties for music and dancing which have been regularly permitted them, and which have invariably been conducted with the strictest propriety. They have also willingly and cheerfully given their time and labor to the cause of benevolence, at the stated meetings of the Belknap sewing circle ; while each returning Sabbath has witnessed a congregation voluntarily assembled, to join with becoming feelings of devotion, in the duties of that sacred day. It is evident to the Trustees that the satisfactory and happy results of this moral discipline, are every day more and more fully developed ; and they cannot doubt but that many an individual, whose mind has there been recalled from its wanderings, will regard as his greatest benefactors, the munificent donors who founded this Institution, or extended its means of usefulness ; and will ever cherish a grateful remembrance of the kind attentions, and the untiring zeal and fidelity of those, to whose immediate care its management has been intrusted.

The Trustees considering that the salary heretofore paid to the Steward (Mr. Tyler,) was an inadequate compensation for the valuable services rendered by him, and also by his wife as Matron, and in the hope that those services may long be continued to the Institution, have annexed to the latter office a salary of \$300.

The new building for the accommodation of female boarders, called "The Belknap Ward," was completed in the month of November last, in a very neat and substantial manner, at the cost of \$43,500 ; the estimated expense having been \$40,000. The sum of \$2500 has been appropriated for the purpose of furnishing it in a suitable manner. Being thus enabled to accommodate about fifty additional boarders, the Trustees believe that it will hereafter be found practicable, to a certain extent, to receive those who are known to be incurable ; the number, however, being al-

ways so limited as never to prevent the reception of any patient whose cure may reasonably be expected. In consequence of the erection of this building, it was thought expedient to discontinue the original entrance from the road, and to open a new one on the west side of the barn, which has been done accordingly.

It is a source of great regret to the Trustees, that the Directors of the Charlestown Branch Rail Road have thought it expedient to cross the estate of the Asylum, in forming a junction with the Lowell Rail Road. This road as now located, passes within about ten feet of the south-east corner of the enclosed grounds of the Asylum ; and it is apprehended that the proximity of a public road to these grounds, which have always been appropriated to the exercise and recreation of the inmates of the Asylum, will tend very seriously to disturb the quiet and retirement of the Institution. In addition to this interruption, the communication from the Asylum to the lower part of its estate, and the wharf which belongs to it, is intercepted in such a manner as to render it very inconvenient, if not impracticable, to transport from the wharf such fuel, lumber and other heavy articles, as have been hitherto brought to the Asylum in this mode, at a great saving of labor and expense. The Trustees, as soon as they became aware of this intended location, protested against it in the strongest manner, as being highly prejudicial to the interests of the Institution and the welfare of its inmates ; and Franklin Dexter, Esq. has been employed as counsel of this Corporation, to take all proper legal measures in the premises. With this single exception, the situation and prospects of this department of the Institution are peculiarly gratifying. It is believed, that for many years to come there will be no urgent necessity for any further considerable expenditures on account of it ; that the accommodations now obtained will be sufficient for the convenience of the boarders, and that adequate means now exist for the full and successful developement and application of the present system of treatment.

The productive capital of the Institution has been, of course, much diminished by these recent expenditures, and the annual income will hereafter be wholly insufficient to meet the current ex-



penses. A debt of \$40,000 has already been contracted. There is, in the opinion of the medical officers, a very urgent necessity for a separate ward at the Hospital for fever patients. It has, therefore, again become necessary for us to ask of an intelligent and benevolent community, such further assistance as may enable us to supply the deficiencies, and obviate the inconveniences of this department of our Institution, and to place it on as permanent and satisfactory a basis, as that of the Mc Lean Asylum for the Insane. We do not think it expedient to make any actual call for subscriptions at the present time, but we feel the utmost confidence that such a call, when made, will be answered with that liberality which our Institution has already experienced upon so many former occasions.

ROBERT HOOPER, JR. }  
N. I. BOWDITCH, } *Committee.*

*Boston, Jan. 17, 1838.*

# REPORT

OF THE

SUPERINTENDENT OF THE HOSPITAL IN ALLEN STREET,  
BOSTON, FOR THE YEAR 1837.

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*Admitted at the Massachusetts General Hospital, from January 1,  
1837, to January 1, 1838.*

	Males.	Females.	Total.
Patients paying board . . . . .	158	44	202
do. do. part of time . . . . .	16	9	25
do. entirely free . . . . .	93	120	213
	<hr/> 267	<hr/> 173	<hr/> 440

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*Discharged during the same period.*

	Males.	Females.	Total.
Well . . . . .	136	70	206
Much relieved . . . . .	57	27	84
Relieved . . . . .	32	36	68
Not relieved . . . . .	26	28	54
Died . . . . .	19	13	32
Unfit . . . . .	3	4	7
Eloped . . . . .	1	1	2
	<hr/> 274	<hr/> 179	<hr/> 453

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Proportion of deaths to whole number of results this year,—1 in  
14, nearly.



	Private.	Ward paying.	Free.	In the whole house.
Greatest No. of patients at any one visit	5	29	32	59
Least do. do. do.	0	9	21	38
Average population . . .	2.45	16.75	27.4	46.6

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From the above it appears, that the proportion of ward beds occupied by free patients, is the same as last year, viz,  $\frac{5}{8}$ .

The average time of stay of ward-paying patients has been about . . . . .  $3\frac{4}{5}$  weeks.  
do. do. free do.  $6\frac{3}{5}$  do.

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### *Analysis of Patients.*

	Free.	Paying.
Males.....Sailors . . . . .	4	32
Mechanics . . . . .	28	48
Teamsters, Drivers, &c. . . . .	2	9
Farmers . . . . .	4	6
Clerks, Traders, &c. . . . .	1	17
Laborers . . . . .	32	37
Minors . . . . .	7	1
Domestics . . . . .	10	2
In private rooms . . . . .		25
Females....Domestics . . . . .	76	24
Wives . . . . .	11	12
Seamstresses, &c. . . . .	12	9
Of other employments . . . . .	9	3
Spinsters . . . . .	0	5
Minors . . . . .	10	4
In private rooms . . . . .	0	0

It appears from this analysis, that more than one third of the whole number of free patients have been domestics, and about  $\frac{1}{6}$  laborers, of whom about  $\frac{5}{8}$  were Irish.

# 10

*The annual expenses for 1837 were,*

Stores . . . . .	\$6146 40
Wages . . . . .	3687 79
Fuel . . . . .	1651 64
Furniture . . . . .	703 41
Stationary . . . . .	71 01
Medicine . . . . .	621 38
Repairs and improvements . . . . .	588 46

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13,470 09

Deduct Contingent Cr. . . . . 45 75—\$13,424 34.

The amount charged for board during the year, was 7621 17.

If from the amount of annual expense . . . . .	13,424 34
be deducted, as in former annual reports,	
the charges for repairs, &c. . . . .	588 46
	<hr/>
and the balance . . . . .	12,835 88
be divided by 52, equal to . . . . .	246 84
and this again by average population, 46.6,	
there remains for weekly expense of a	
patient . . . . .	5 30.

GAMALIEL BRADFORD, *Superintendent.*

# REPORT

OF THE

STEWARD OF THE Mc LEAN ASYLUM FOR THE INSANE,  
FOR THE YEAR 1837.

During the year 1837, there were received into this Institution, 63 male, and 57 female patients. Total, 120.

Belonged to Massachusetts,	76	Belonged to Lower Canada,	1
“ N. Hampshire,	19	“ New Brunswick,	1
“ Maine,	14	“ Alabama,	1
“ Rhode Island,	5		
“ New York,	2	Total,	120.
“ Dist. Columbia,	1		

The amount of board charged during the year, was \$16,975 58.

The balances of the several accounts for the year, are for

Stores, . . .	\$7716 94	Repairs, . . .	452 76
Wages, . . .	3036 72	Diversions, . .	1215 49
Fuel, . . .	1172 61	Improvements, .	141 84
Stationary, . .	56 02	Library, . . .	23 38
Medicine, . .	217 52		
Contingencies, .	688 15		\$15081 99.
Furniture, . .	360 56		

Deduct Cr. of Farm, . . .	\$1069 01	} 1150 42
Excess of stores on hand, over last year,	81 41	

Showing the year's expense (exclusive of salaries) to be \$13931 57.

COLUMBUS TYLER, *Steward.*

*Mc Lean Asylum, Jan. 17, 1838.*

TWENTIETH

# ANNUAL REPORT

OF THE  
PHYSICIAN AND SUPERINTENDENT OF THE Mc LEAN  
ASYLUM FOR THE INSANE.

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IN commencing the Annual Report required by the regulations of the Massachusetts General Hospital, the Physician and Superintendent of the Mc Lean Asylum for the Insane cannot refrain from acknowledging the most lively sentiments of gratitude to a beneficent Providence, for the many distinguished tokens of mercy with which this department has been favored during the past year. While the summary of cases herewith presented, shows that we have not been overlooked in the especial objects, the cure and relief of the insane, for which we have labored, we have the privilege of rejoicing in having been eminently preserved from all the distressing contingencies to which institutions of this nature are unavoidably liable, having had neither accident to officer, inmate, or attendant, suicide nor escape.

The proportion of mortality is favorable, contrasted with former years ; the cases of death which have occurred, have been with hardly an exception, in subjects broken down by general decay, old age or epilepsy, no distinction as to admission having been made in consideration of any applicant's health, nor any dismissed on that account. Regarding the relief and protection of friends and families from the unavoidable distress of having an insane inmate, as an object of this Institution, secondary only to that of cure, it has been considered a duty to advise the reception indis-

criminally of all cases for which application has been made, without inquiring as to any other point than the fact of their derangement, as long as vacancies remain. In conformity to this principle there has been placed under our care, several whose state of health was such as to render speedy death almost certain, as well as many whose cases were hopeless from their long duration, or complicated with the imbecility of old age or epilepsy. The fact that six out of the eight cases of death, occurred within the first month of the sufferer's residence, presents a key to the character of many of our admissions.

The number of patients remaining at the end of December, 1836, was	. . .	43	males, and 28 females,	71
Received during 1837	. . .	63	" 57 "	120
Whole number who have enjoyed the benefits of the Asylum during the year	. . .	106	males, 85 females,	—
			Total	191

There have been discharged during the same period :

Recovered,					Males.	Females.	Total.
Recent,	. . . . .				30	29	
Old,	. . . . .				6	7	
					<u>36</u>	<u>36</u>	72
Much improved,							
Recent,	. . . . .				0	3	
Old,	. . . . .				6	0	
					<u>6</u>	<u>3</u>	9
Improved,							
Recent,	. . . . .				2	0	
Old,	. . . . .				1	1	
					<u>3</u>	<u>1</u>	4
Not improved,							
Recent,	. . . . .				1	1	
Old,	. . . . .				4	3	
					<u>5</u>	<u>4</u>	9

Dead,								
Recent,	.	.	.	.	1	2		
Old,	.	.	.	.	2	3		
					<u>3</u>	<u>5</u>	8	
Unfit (not proving insane,)	.	.	.	.			3	
Total discharged,	.	.	.	.	.	.	105	
Number remaining January 1, 1838,	.	.	.	.	.	.	86	

While the absolute numbers of those resorting here for relief,\* considerably augmented beyond former years, affords proof of the general confidence which a long series of years of prudent and successful management has gained for the Institution, the increased proportion of recoveries presented, demonstrates that more correct views in regard to the importance of early treatment, and of perseverance in curative efforts, have obtained in the public mind, as well as gives ground for the belief that the facilities added year after year have not proved useless in extending the success of moral and medical management.

The proportion of recoveries of those discharged during the past year has been in recent cases,†  $86\frac{1}{2}$  per cent ; of old cases, 38 per cent, and of all about 71 per cent ; a measure of success, which it is believed will not be found to have been exceeded in the annals of institutions of this kind.

To illustrate the often repeated subject of the high importance of early subjection to the treatment of a proper institution, it may be mentioned that of all those dismissed during the year whose cases did not exceed six months' standing before admission, with the exception of some few promising instances in which the pecuniary inability of friends compelled a removal after the insufficient trial of not more than a single quarter, every individual was be-

\* Note B.

† It is important in any comparison of results, to notice whether in the division of cases, the term *recent* is confined to cases of a duration of six months or a year, as the difference is very material, and no uniform standard is employed in insane hospitals. Here, cases of not over a year's standing are considered *recent*. If cases of only six months' and less were deemed recent, the results would appear still more favorable.



lieved to have been restored. So that of recent cases within this limit, one hundred per cent. may justly rank as having been curable.

In relation to the importance of a thorough, persevering trial in cases of considerable duration and which resist immediate treatment, it is a subject of congratulation that we probably are enabled generally to make a fuller trial than formerly. The public is more aware of the successful results which have not unfrequently crowned persevering efforts, and the establishment and repeated enlargement of that noble institution, the State Lunatic Hospital at Worcester for the relief of those whose means are exhausted or limited, has doubtless prevented the placing of many individuals with us, the length of whose residence would from necessity be too contracted for an adequate trial of the usual remedial means. We have had the satisfaction of returning to their friends entirely restored, several interesting individuals in whom no apparent improvement was manifested after many months' residence ; one of whom particularly may be instanced, a young mechanic whose mother, a widow in moderate circumstances, persevered an entire year without his being to a superficial observer any nearer restoration, and was on the point of abandoning all hope, when the generous interposition of a mercantile firm of the same vicinity secured his residence here another quarter, which resulted in his entire recovery.

We still however have had to meet in repeated instances that most painful and disheartening circumstance in the whole circle of the duties of a physician to an Asylum for the Insane, the removal and hopeless abandonment of patients after an insufficient trial, and perhaps at the very moment when the previous laborious, anxious, and discouraging efforts are apparently on the verge of being crowned with success.

Separated entirely as the officers of this Asylum are from all connexion with the pecuniary interests of the institution, and always pressed with applications for admission, they never have any motive to recommend a continuance of patients here, except from a wish to benefit where they see room for encouragement, and

hence may without indelicacy speak plainly on this subject. While they are aware that even the lowest rate of board, although nearly seventy-five dollars per annum below the actual cost of subsistence and common attendance merely, is a considerable burden for those in moderate circumstances, yet it is manifest that a true economy would require that an attempt at taking advantage of the benefits of the Asylum either should not be entered upon, or should not be abandoned when half completed. Experience shows that a patient partially recovered almost always relapses to his original state, when removed home to his former sources of excitement and objects of association. Insanity is in this respect, unlike common physical maladies, in which the height of disease being passed, the patient continues on spontaneously to entire health ;—the constant tendency is downward, till recovery is placed on a firm basis. Let the daily moral and medical management be suspended only for a single week, even in a promising case, and a retrograde movement may be anticipated which a month may not replace.

Our register refers to too many patients more or less convalescent, who have, after the insufficient trial (for an old case at least) of a single quarter, been removed by impatient relatives at a critical period for the future prospects of the sufferers and those interested in them, although at the time of their joining the Institution no encouragement was held out, that so short a period would be sufficient. We have too often been pained, to find that friends worn out with watching, care, and anxiety, and almost despairing, who, on giving up their distressing trust to us, have had the opinion strongly pressed upon them and its correctness freely and joyfully assented to, that perhaps half a year was the shortest period worthy the name of a fair trial and that any shorter period would be their money and our labor thrown away, after the expiration of less than three months, express their surprise and disappointment that no cure had been effected ; and sometimes the same relatives, lately so happy in the prospect of benefit however remote, have removed their charge to undergo a repetition of their trials, with the superadded prospect of a permanent expenditure, instead of a temporary disbursement.

The Physician cannot express his feelings better on this subject, than by quoting the language of his lamented predecessor, in his Report to your Board, when laboring under the same sore trials: "Now with these facts before me, I wish to say to those who are about to place friends under our care, first try all the experiments you intend to do, then satisfy yourselves that you can confide in our skill, discretion, and kindness; and when your friend is placed here, leave him with confidence to our direction, until we discharge him well. If you cannot do this, do not bring him here," unless it may be added, the expectation is merely that safe custody and ameliorated condition are adequate objects, and arrangements made accordingly for a permanent residence.

With the increased number of patients, we are also gratified with the belief that there never before has been amongst them such an amount of cultivated intellect, moral worth, and value to society, as during the past year. The peculiar condition of the commercial world has been felt within our walls by the addition of not a few sufferers of the character referred to, whose urbanity of manners, encouraging example to their fellow-sufferers, grateful acknowledgments for the care and attentions bestowed on them and renewed social usefulness when restored to health, have fully repaid us for all our exertions. The freedom with which many of these respected inmates of this and former years, have referred to their residence here and their frequent and apparently not ungrateful visits to these scenes serve to evince and at the same time to contribute to the impression beginning to exist in well informed society, that alienation of mind from disease brings no disgrace to the sufferer, and deserves not to be considered or alluded to with a morbid feeling of delicacy or mortification, as if any just ground of difference existed between this and other forms of disease.

Other circumstances have also tended to improve the class of sufferers received. Amongst the manifold advantages to the community resulting from the establishment of the Hospital just referred to, this Asylum has favorably felt its influences in the generally increased uniformity of patients admitted here, as respects external

condition and position in society, arising from the fact that the great body of pauper sufferers are now received there and treated with all the aids of skill and humanity practicable. This has relieved our wards to a great degree of a class of patients truly deserving the warmest charities of their fellow-men, but who could not be brought in consociation with the body of our boarders who are from the middle and upper classes of society, without detracting from the highest practicable measure of comfort of each. This increasing absence of patients from the pauper and humbler ranks of society has rendered the classification, especially of convalescents, far less embarrassing and difficult than it would be, were other circumstances beside the condition of disease to be regarded in adapting patients to each other's society, and will doubtless eventually do away the prejudice which some may feel against a public institution as a place of residence for their friends.

With respect to the general management, moral and medical, the present Superintendent has attempted few innovations or experiments. He has rather attempted to carry out and perfect eclectically and combinedly, the respective plans of moral and medical treatment of the eminent individuals who have preceded him, not rejecting the aids offered in the experience of other institutions.

The peculiarities of the system of moral influences here applied, have been pretty fully developed in the last Annual Reports to your Board, and remain essentially the same. In this as in every institution which has kept pace with the age, every thing like severity has never been found necessary, and the great principle of mild, soothing, persuasive yet firm, decided and parental treatment has proved fully adequate to accomplish every desired result. It may be confidently alledged, that the amount of employment in useful labor and active amusement, the self-respect and self-control generally indicated in the dress, manners, and conversation of the inmates, as well as the curative results detailed, show that no inefficiency need be apprehended from the sway of gentleness and forbearance, combined with unyielding firmness, even-



handed impartiality, and adherence to good faith over the mind diseased.

There is implanted in the human breast a principle of self-esteem so deeply and universally, that there is rarely intellectual dilapidation so entire, as to place this and the influences flowing therefrom, beyond the reach of steady, patient, and enlightened research. It is on this foundation that much of the moral treatment of even the worst forms of insanity is based, and to draw out and render operative this principle, a proper classification is of the highest importance. An individual placed amongst those of polished manners and decorous deportment, will make as strong an effort as his mental disease will admit, to comport himself in character; his emulation will be strongly stimulated to deserve and attain every privilege and indulgence which he is aware that any around him enjoy. To accomplish this end, self-esteem contests with the diseased propensities often with a severe and manifest struggle, and we are not unfrequently able to trace its governing influences from the lowest grades of mental aberration to final recovery and discharge.

The high value of a proper classification of patients is felt no less in the comfort, quiet, and alleviation of those whose disease has become organic and hopeless than in those under the curative process. Though the intellect may be seriously impaired on all subjects, still more if its topics of delusion are few, the sufferer is far from being insensible to the circumstances of associates, external comforts, and conveniences around him. Frequently indeed, there is a morbid acuteness of sensibility, as to the presence of those, who from disease or rank in life are sunk below him. The latter of these occasions of distress, as we have remarked, has almost wholly been removed by the establishment of an appropriate institution; the former or that depending on difference of disease and conduct resulting therefrom, can only be obviated by suitable architectural arrangements, and in this particular every thing seems now accomplished in this Asylum which could be desired.\*

\* Note A.

Since the completion of the new building, known as the "Belknap Ward," it may be safely asserted, that no institution in the country presents more extended or better adapted arrangements for separating, classifying, and employing its inmates. This splendid addition is finished throughout in a style of plain elegance and thorough workmanship rarely equalled. In it are comprised all those various advantages and improvements, which the experience of this and other institutions has pointed out as valuable for the purposes designed. It contains over forty sleeping rooms, eight or ten private parlors for boarders, together with suitable dining and day-rooms, offices, &c. It will enable the Asylum in addition to its usual numbers, to receive a class of permanent female patients to any probable extent which the wants of the community may require, whose friends are anxious to have provided with all the elegancies and conveniences to which they may have been accustomed or which will tend to make their lives more happy in their affliction.

The Superintendent would do injustice to his own feelings, were he to omit a tribute of acknowledgment to the meritorious services of those who have been engaged as fellow-laborers with him in this department. The officers have generally been so long attached to the institution, and have filled their situations so acceptably as to require no eulogium. The attendants and nurses to whom as companions, guides, and friends of the insane, such a weight of moral responsibility attaches, have met every just expectation. While it has been attempted to select and compensate liberally only those of intelligence, cultivation, and moral respectability, they have been made to feel that their situation and duties were not undervalued or deemed menial. They have fully responded to this sentiment, and the zeal, patience and harmony which have characterized their efforts deserve the highest commendation.

In taking a retrospect of the year just closed, the Superintendent transferred unexpectedly to the arduous and responsible charge of this extensive establishment, unprepared by a practical acquaintance with its duties, and bringing nothing in his aid but zeal and



devotion to its objects, feels that he has been little more than an assiduous and gratified learner in a calling in which the remark of a distinguished foreign guardian of the insane, has been to him forcibly illustrated,—that “the address which is acquired by experience and constant intercourse with the insane, cannot be communicated ; it may be learned, but it must perish with its possessor.” And in humble reliance upon that Divine aid which has been so signally extended thus far, he enters upon another year of his duties in the trust that if life and health are spared, his future efforts may be undertaken with more readiness and familiarity, if not with more assiduity, and pursued with more confidence, if not with more success.

LUTHER V. BELL,

*Physician and Superintendent.*

*Mc Lean Asylum,*

*Jan. 1, 1838.*



## NOTE A.

Those whose attention may be interested by the severe domestic affliction of having an insane relative, may be gratified with a more detailed account of the arrangements and management of the Asylum.

Beside the general division of the sexes who occupy buildings entirely disjoined from each other, the mansion house intervening, the patients of each sex are separated into several large divisions occupying different stories of the edifices. Each of these stories is subdivided into wards or halls with sleeping and day rooms and offices contiguous, which halls by a fortunate construction are widely removed from each other. In addition to these general

means of classification, a limited number of apartments in each wing are furnished in a style of elegance, to suit the views of friends in peculiar cases, and many of those whose condition and habits of life render the change agreeable are received into the family of the Physician and Steward in the mansion-house, which thus by its extensive accommodations forms that nearly essential portion of an institution, an intermediate residence where recovery can be completed and tested before the invalid emerges into society.

Adding to these divisions of the building the separate edifices known as the Lodge for the male, and the Cottage for the female patients laboring under the most violent grade of diseased excitement, we have the power of establishing twelve or fourteen classes of each sex of patients. With our usual number of inmates, this separation is not kept up in full ; for example, the strong rooms of the lodge building have scarcely been employed during the year, though were the institution filled to its greatest extent, the entire capabilities would doubtless be brought into requisition.

In each story of each wing, is a series of rooms and contiguous gallery designed for the sick and suicidal, in which separation, quiet and the presence of friends can be accorded to the former, and the greatest practicable measure of security against completing their designs to the latter.

While every facility for the purposes desired is afforded in the domiciliary portion of the arrangements, the means of taking advantage of exercise, amusements, and above all of labor, have not been overlooked. To those having a taste or fitted for agricultural and horticultural pursuits, nearly thirty acres of soil in the highest state of cultivation are presented ; to those who prefer mechanical employments, as well as to encourage labor in the inclement season of the year, a carpenter's shop fifty feet by thirty, amply furnished with tools and materials and superintended by a competent assistant, has been fitted up by removing a portion of the strong rooms which experience had proved superfluous ;—here, the experiment of mechanical labor commenced nearly two years since is safely and successfully pursued, and all the benefits

so fully and happily set forth by the acting head of the Institution in the Report of last year, have been corroborated in our later experience.

For our females and others requiring their use, carriages and horses to the extent of carrying twenty persons at once are constantly at hand, and the various objects of interest within a practicable distance with which this vicinity abounds, are frequently visited. In this connexion it may be remarked, that the local position of the Asylum is admirably adapted for its designs, surrounded on every side but one which looks into a fertile and highly cultivated country by evidences of life and activity, vessels, boats, rail-road cars, and carriages in ceaseless motion, in fact in view of the richest scenes of business and commerce, yet by reason of its isolated and peninsular situation, it is as widely removed from all interfering and exciting circumstances, as if far in the interior.

The usual means of amusing and interesting patients in similar Asylums, such as cards, chess, bowling, reading, writing, newspapers, music, &c. are constantly in use. The dancing parties and weekly reunion of the female patients in the Belknap Sewing Society, have maintained their interest and have become permanent parts of our moral means. It was a circumstance highly gratifying to the Society just named, to receive a diploma for the taste and skill of some articles of their industry, at the great Fair of the Massachusetts Charitable Mechanic Association in September last.

The daily religious services of the family, have been habitually attended by about one half of all our patients, and a meeting for religious worship has been held every Sabbath evening, at which we frequently have been favored with the assistance of some of the clerical gentlemen of the vicinity. These services, viewed merely as a means of calling into action the self-respect and self-control of the alienated mind, apart from any moral influences which they may afford to the convalescent and the partially insane or monomaniac, have been proved in the experience of this as well as of many European institutions, to be of the highest importance. They have uniformly been characterized by the most perfect silence and decorum of deportment, and liberty of attending being

held up as a motive and reward of self-control, they are regarded as a privilege not readily to be forfeited.

The effect of religious exercises, like all other means moral and medical, in the treatment of deranged mind, will depend upon the discrimination with which they are employed. Their influences are far from being adapted to every case and stage of disease, but applied with tact and judgement, much good and comparatively little risk of evil may be expected from their administration.

In concluding these remarks, it may be observed in view of the circumstances of local situation, architectural arrangements, and full provision of all the means and appliances for accomplishing the designed objects, it must ever be impossible for the head of this Institution to transfer from himself any portion of the responsibility of ill success or inferiority of curative results, as contrasted with similar establishments. While every wish or suggestion as to augmenting the facilities for increased usefulness has been so promptly and liberally met, nothing but incompetency in its direction can explain any deficiency, if the results do not satisfy the reasonable expectations of the community.

## NOTE B.

TABLE OF PATIENTS RECEIVED AND DISCHARGED ANNUALLY, SINCE  
THE OPENING OF THE ASYLUM, WITH THE RESULTS OF CASES.

Year.	Admitted.	Discharged.	Unfit.	Eloped.	Dead.	Not improved.	Improved.	Much improved.	Recovered.	Remaining at end of year.
1818 }										
1819 }	58	35	1	0	5	5	9	4	11	23
1820	44	40	1	4	1	11	8	4	11	27
1821	47	46	1	2	3	10	8	12	10	28
1822	64	50	0	0	5	17	8	6	14	42
1823	73	61	1	2	2	19	11	6	20	54
1824	53	56	0	1	5	14	5	8	23	51
1825	59	56	2	4	8	8	3	10	21	54
1826	47	46	0	1	5	14	5	1	20	55
1827	58	56	1	0	5	6	2	8	34	57
1828	77	65	3	0	5	12	12	10	23	69
1829	73	77	1	1	9	19	12	9	26	65
1830	82	78	0	2	10	6	8	18	34	69
1831	83	84	0	2	8	16	15	13	30	68
1832	94	98	1	0	10	14	9	21	43	64
1833	103	100	0	2	8	10	25	13	42	67
1834	107	95	0	0	7	6	15	26	41	80
1835	83	84	1	0	11	7	11	9	45	77
1836	106	112	0	0	10	24	5	9	64	71
1837	120	105	3	0	8	8	4	10	72	86



## APPENDIX.

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At the annual meeting of the Massachusetts General Hospital, held January 24, 1838, Voted, that the Corporation entirely concur in the sentiments expressed by the Board of Trustees, in their votes adopted upon the resignation of Dr. Jackson, and that the Trustees be requested to print the same with the Annual Report.

The votes thus referred to, are as follows :—

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1. October 13, 1837. A communication from Dr. Jackson, by which he resigns his situation as one of the Physicians of the Hospital, having been received and read, it was unanimously Voted, That the Trustees have learned this determination of Dr. Jackson, with the utmost regret. Connected as he has been with this Institution from its first establishment, they are well aware how much he has always done to raise and maintain its reputation, and to extend its usefulness. Possessing the purest and most exemplary private character, with talents and attainments which have placed him at the head of the profession, and with kind and affable manners, which have won the affection of his patients, and conciliated the esteem and good will of his associates—the Trustees cannot but regard his retirement from the Hospital, as a most severe and serious loss. While they accept his resignation there-



fore, they avail themselves of the opportunity, publicly to acknowledge, that he was among the most active and influential of the original founders of the Hospital, that by an uniform course of disinterested professional and personal services, he has ever been one of its ablest officers and best friends, and that he is thus in their opinion, entitled to the lasting gratitude of the Institution and of the community.

Voted also, That as a testimonial of the respect of the Trustees for Dr. Jackson, a free bed in the Hospital, be placed at his disposal during life.

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2. December 3, 1837. The Committee appointed to consider and report what further marks of respect should be paid to Dr. Jackson, made the following report, which was read and accepted.—

“The Trustees of the Massachusetts General Hospital, having received from Dr. Jackson the resignation of the office he has held since the first establishment of the Institution, cannot suffer a circumstance of so much interest in the Hospital, to occur, without special notice of it on their records.

It was, in great measure, owing to the active efforts of Dr. Jackson, and to the general knowledge of the fact that he would interest himself in its success, that this great charity was founded among us. So strong and just was the confidence of the community in his personal and professional character, that all suspicions of possible abuse, in an Institution of the kind under his care, were speedily overcome ; and liberally disposed persons were readily found to intrust to his integrity and skill, the necessary funds for the foundation of an establishment which should do honor to the city. From its earliest existence to the present time, the Hospital has been watched over by Dr. Jackson, with a zeal and fidelity which could not be surpassed ; and has acquired a reputation, and been conducted with a success, highly honorable to him and to the other distinguished professional gentlemen with whom he has been

associated. While his direct influence on the welfare of the Institution, has been thus decided and beneficial, the Trustees cannot but consider as equally valuable, the indirect influence of the example of disinterested and faithful labor for the general good, which he has given to the profession and the public. Under his constant attention, together with that of the professional friends assembled around him, the system on which the Hospital is conducted has been perfected, till it seems, at length, admirably adapted to the purposes for which the Institution was founded, and promises to insure its utility during all its future existence. Long may it continue, by doing good to all classes, to embalm the memory of one who had so large a share in its foundation, and in conducting it to its present high rank ; and long may this community enjoy the benefit of the direct and indirect influence of the pure, benevolent, and elevated character of Dr. Jackson.

The Trustees, in communicating this copy of their record, take the occasion to request Dr. Jackson to sit for his portrait, to some artist of talent, that it may adorn the walls which have so often been the witnesses of his disinterested labors."

# OFFICERS OF THE INSTITUTION. 1838.

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EDWARD TUCKERMAN, *President.*

JONATHAN PHILLIPS, *Vice-President.*

HENRY ANDREWS, *Treasurer.*

WILLIAM GRAY, *Secretary.*

## TRUSTEES.

CHARLES AMORY,

WILLIAM APPLETON,

GEORGE BOND,

NATHANIEL I. BOWDITCH,

MARTIN BRIMMER,

THOMAS B. CURTIS,

HENRY EDWARDS,

SAMUEL A. ELIOT,

ROBERT HOOPER, JR.,

THOMAS LAMB,

SAMUEL LAWRENCE,

ROBERT G. SHAW.

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## *Consulting Physicians.*

JAMES JACKSON, M. D. JOHN RANDALL, M. D. GEORGE C.

SHATTUCK, M. D. JOHN WARE, M. D.

## *Consulting Surgeons.*

GEORGE B. DOANE, M. D. JOHN JEFFRIES, M. D. ABEL L.

PEIRSON, M. D. SOLOMON D. TOWNSEND, M. D.

## Officers of the Hospital.

GAMALIEL BRADFORD, M. D. *Superintendent.*

WALTER CHANNING, M. D.	}	<i>Physicians.</i>
JACOB BIGELOW, M. D.		
ENOCH HALE, M. D.		

JOHN C. WARREN, M. D.	}	<i>Surgeons.</i>
GEORGE HAYWARD, M. D.		

JOHN B. S. JACKSON, M. D. *Assistant Physician.*

JOSEPH SARGENT, *House Physician.*

WILLIAM MACK, *House Surgeon.*

CHARLES K. WHIPPLE, *Apothecary.*

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## Officers of the Mc Lean Asylum.

LUTHER V. BELL, M. D. *Physician and Superintendent.*

JOHN R. LEE, M. D. *Assistant Physician and Apothecary.*

COLUMBUS TYLER, *Steward.*

Mrs. MARY E. TYLER, *Matron.*

HOMER GOODHUE, *Male Supervisor.*

MISS RELIEF R. BARBER, *Female Supervisor.*

# VISITING COMMITTEES

FOR

1838-9.

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February, . . . . .	Messrs.	BOND and APPLETON.
March, . . . . .	"	APPLETON and LAWRENCE.
April, . . . . .	"	LAWRENCE and ELIOT.
May, . . . . .	"	ELIOT and BOWDITCH.
June, . . . . .	"	BOWDITCH and LAMB.
July, . . . . .	"	LAMB and EDWARDS.
August, . . . . .	"	EDWARDS and SHAW.
September, . . . . .	"	SHAW and CURTIS.
October, . . . . .	"	CURTIS and BRIMMER.
November, . . . . .	"	BRIMMER and HOOPER.
December, . . . . .	"	HOOPER and AMORY.
January, . . . . .	"	AMORY and BOND.

